

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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15 March 2002

"Leadership, Partnership, and Championship"

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### "Top Ten" Most Useful Websites

The Medical Library Association finds the following web sites particularly useful (sites are listed in alphabetical, NOT ranked, order):

- \* Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/>
- \* healthfinder® <http://www.healthfinder.gov/>
- \* HealthWeb <http://www.healthweb.org/>
- \* HIV InSite <http://hivinsite.ucsf.edu/InSite>
- \* Mayo Clinic <http://www.mayoclinic.com/index.cfm?>
- \* MEDEM: an information partnership of medical societies [http://medem.com/MedLB/medlib\\_entry.cfm](http://medem.com/MedLB/medlib_entry.cfm)
- \* MEDLINEplus <http://www.nlm.nih.gov/medlineplus/>
- \* National Women's Health Information Center (NWHIC) <http://www.4women.gov/>
- \* NOAH: New York Online Access to Health <http://www.noah-health.org/>
- \* Oncolink: A University of Pennsylvania Cancer Center Resource <http://www.oncolink.upenn.edu/>

The Consumer and Patient Health Information Section (CAPHIS) of MLA evaluates web sites based on the following criteria: credibility, sponsorship/authorship, content, audience, currency, disclosure, purpose, links, design, interactivity, and disclaimers.

### Out of the Darkness

Suicide remains a public health problem and issue in the United States! To promote awareness of suicide, an overnight 26-mile walk will be held 17-18 August 2002 in Northern Virginia... To obtain additional information or to register for the Out of the Darkness event call 800-313-8535 or visit <http://www.bethepeople.com>

### Harvard-Violence Prevention Program

The Harvard School of Public Health along with others is sponsoring The Three R's to dealing with Trauma in Schools: Readiness, Response & Recovery. The free broadcast will be held on Tuesday April 23, 2002 from 1230- 1530 EST. To register at a local site visit the website <http://www.walcoff.com/prevention> or call 1-866-668-6663.

### Turn Off TV and Turn on a Healthier Life

Join the millions of children and adults nationwide who will turn off their TVs the week of April 22-28. Instead of spending hours each day in front of the tube, read, play, exercise, spend time with family and friends, and discover that life can be more rewarding and fun when you do more and watch less TV.

Turning off the TV is also a great way to improve your health and the health of your family. Exercise and diet are two keys to being healthy and maintaining a healthy weight. Watching less TV can help with both. Watching TV keeps you sitting inactive for long periods of time. TV ads often promote junk food. Research has shown that families who watch TV during mealtimes eat more junk food and quick-preparation foods and less fruits and vegetables.

Here are some TV-turnoff tips from the TV-Turnoff Network:

- Keep the TV off during meals.
- Exercise as a family by taking walks, riding bikes, or learning a sport.
- Move your television to a less prominent location.
- Designate certain days of the week as TV-free days.
- Do not use TV as a reward.
- Hide the remote.
- Remove the TV set from bedrooms.
- Don't worry if children say they are bored. Boredom passes and often leads to creativity.



"There is no better mirror than an old friend." --- Japanese Proverb